

On January 4, 2022 the Centers for Disease Control (CDC) shortened isolation and quarantine guidelines for the general population. These guidelines also apply to K-12 schools. Updated guidelines are constantly evolving based on a worldwide effort to better understand the transmission and course of infection for COVID-19, including the Omicron variant. More information can be found at: [COVID-19 Quarantine and Isolation | CDC](#)

## COVID-19 EXPOSURE/CLOSE CONTACT OR POSITIVE TEST RESULTS

Close contact includes a cumulative total of 15 minutes or more over a 24-hour period of exposure within 6 feet of an infected person.

Exception: In the K-12 indoor classroom, close contact excludes students who were between 3 and 6 feet ONLY IF both the infected student AND the exposed student were consistently and correctly wearing well-fitting masks the entire time. [Appendices | CDC](#)

Date of exposure, symptom onset, or date of viral test administration if asymptomatic, is considered Day 0.

### VACCINATED INDIVIDUALS

- 18 years or older and have received ALL recommended vaccine doses, including boosters and any additional primary shots
- Ages 5-17 and completed the primary series of vaccines (2 doses of Pfizer-BioNTech)

**NOTE:** Included are individuals with a confirmed POSITIVE viral test within the previous 90 days (regardless of vaccination status)

### UNVACCINATED INDIVIDUALS

- 18 years or older and have NOT received ALL recommended vaccine doses, including boosters and additional primary shots
- Ages 5-17 and are unvaccinated
- Ages 0-17 incomplete primary series or no vaccine at all

### ASYMPTOMATIC

- No quarantine is required.
- A well-fitting mask should be worn for 10 days from the date of your last close contact.
- If available, a viral test should be taken at least 5 days after close contact.

If the test comes back positive, begin the isolation process (at Day 0).

If negative, continue to mask until Day 10.

If viral test is unavailable, continue to mask until Day 10.

### SYMPTOMATIC

- If a vaccinated individual has a positive viral test they should isolate for 5 days.
- You can end isolation after 5 full days if you are fever-free (without fever-reducing medication) for 24 hours and your other symptoms have improved.
- In all cases, you should continue to wear a mask for 5 additional days.

### ASYMPTOMATIC/SYMPTOMATIC

- The date of your last close contact with someone with COVID-19 is Day 0. Refer to [Appendices | CDC](#) for more information.
- If asymptomatic, stay home and away from others for at least 5 days, and mask for an additional 5 days, provided there are no symptoms at any point.
- If symptomatic in first 5 days, get tested after Day 5.
- You can end isolation after 5 full days if you are fever-free (without fever-reducing medication) for 24 hours and your other symptoms have improved.
- For 10 days after your last close contact, keep watch for fever, cough, or other COVID-19 symptoms.

**NOTE:** Testing should be done at any point if symptoms develop.

Mitigation strategies such as vaccination, consistent masking, social distancing, and proper respiratory and hand hygiene have all been shown to help stop the spread of COVID-19.

